

# Mechanism

So basically we can start out by setting goals for a certain period (a few weeks or months, for example), and then each member would be assigned to a small group where they'd share their progress and make sure another member gets their tasks done. This creates a structure where everyone is accountable, a bit like a work environment.

It's easy to make excuses when you're on your own. So the goal is simple: you're not just working for yourself anymore... You're also working for your referee. And you really don't want to look like a quitter in front of them ^^ . It's a kind of social pressure, but one you've opted into.

Each member will have access to their "Reportee's" (the person they referee) list of goal and can alert them if they're falling behind.

A great app for this is **HabitShare** (non affiliated ^^). It has a basic function to create daily habits and share them with others who can follow your progress and send you private messages. Since HabitShare lets you choose which habits to share individually, you only have to show the goals you're comfortable with. But obviously, you'll have to be honest about any failures comes up on the private ones ^^

Every day (or on your selected activity days), you must send a confirmation to your referee on the app to confirm you've completed all your tasks. This can be a simple thumbs-up 👍 or, for the more motivated, a short summary of your experience with a goal.

At the end of the week, you'll do a more detailed summary. If you only sent a thumbs-up each day, your weekly summary just needs to list three key accomplishments. If you want, referees can also send an emoji like 🗨️ to confirm they've seen your progress each time you send your own confirmation of success to them.

For the daily summary, you don't need to go into detail. A single accomplishment, or even just your feeling or impression, is enough. If you have several activities, describing the most significant one alone is also fine.

You can send your weekly summary to your referee only (or if we set up a Discord post it directly there). If you fail to complete your tasks, you provide an excuse instead.

Finally, each member can set their own daily **deadline**. After going past the deadline, your referee can check in and call you out if you haven't confirmed your success (at least with a 👍). After being notified, you'll have to at least try to complete your remaining tasks under the **10-Minute Rule** (explained below) or, if you have time, finish them completely. It'd probably be better to set a deadline that leaves you some time to catch up. To make things easier, a group with matching time zones can agree on the same deadline.

There will be three levels of success:

- **Total Success (✓):** You simply mark the activity as "✓" on the app and send your thumbs-up or summary. That's it.
- **The 10-Minute Rule (—):** Even if you think you don't have time, the minimum is to actively focus on it for at least 10 minutes. The goal here isn't to achieve something big, but to focus on the intention and build the habit. After the 10 minutes, you should mark the task with a "—". Obviously, this doesn't apply to tasks that take less than 10 minutes.
  - For activities like working out, you just do a single set or reduce the number of reps for that day (this one will probably require some experimentation and swallowing one's ego ^^). Other than that, zero excuses.
- **Failure (✗):** As the name implies, you did absolutely nothing for that task. In this case, you have to mark the task with a cross and accept a strike. You'll have a limit of **3 strikes per month**. After hitting 3 strikes, you'll have to complete a fun punishment to reset your count (think something mildly annoying, awkward, or a difficult-but-safe dare).
  - For weekly activities, the strike count might be reduced to 1 or 2. Strikes can be avoided entirely with a good-faith excuse.

So basically, your daily routine will look like this:

- Accomplish your task(s) and confirm them to your referee before your deadline. At your Reportee's deadline, check that they've completed their tasks and sent

their report. Optionally, send an emoji to show you've seen their success. If they're late, you call them out.

- **If everything went fine:** Off to bed, then repeat the next day.
- **If you missed your deadline:** Try to at least follow the 10-minute rule, or provide a legitimate excuse if you have one.
- **The next day, if you still haven't completed your tasks and have no excuse:** Mark the previous day's task as "❌" and take a strike to continue.

We can be flexible on how referees are assigned, depending on the number of members in a group. We can make pairs (where both members referee each other) or trios (in a closed loop: A > B > C > A). For groups of 4+, the closed-loop model works well too. Ultimately, the main factors for matching people can be mainly similar time zones and then shared goals.

So, if you're interested, let's connect on Discord. We can create a group chat where we can post our goals, time zones, and maybe a short intro with age/gender and then proceed to the assignments :v